

# IWF Technical Committee PowerPoint

## ‘Weigh-in’



**Cooperative work  
between Competition  
Secretary and Referees**



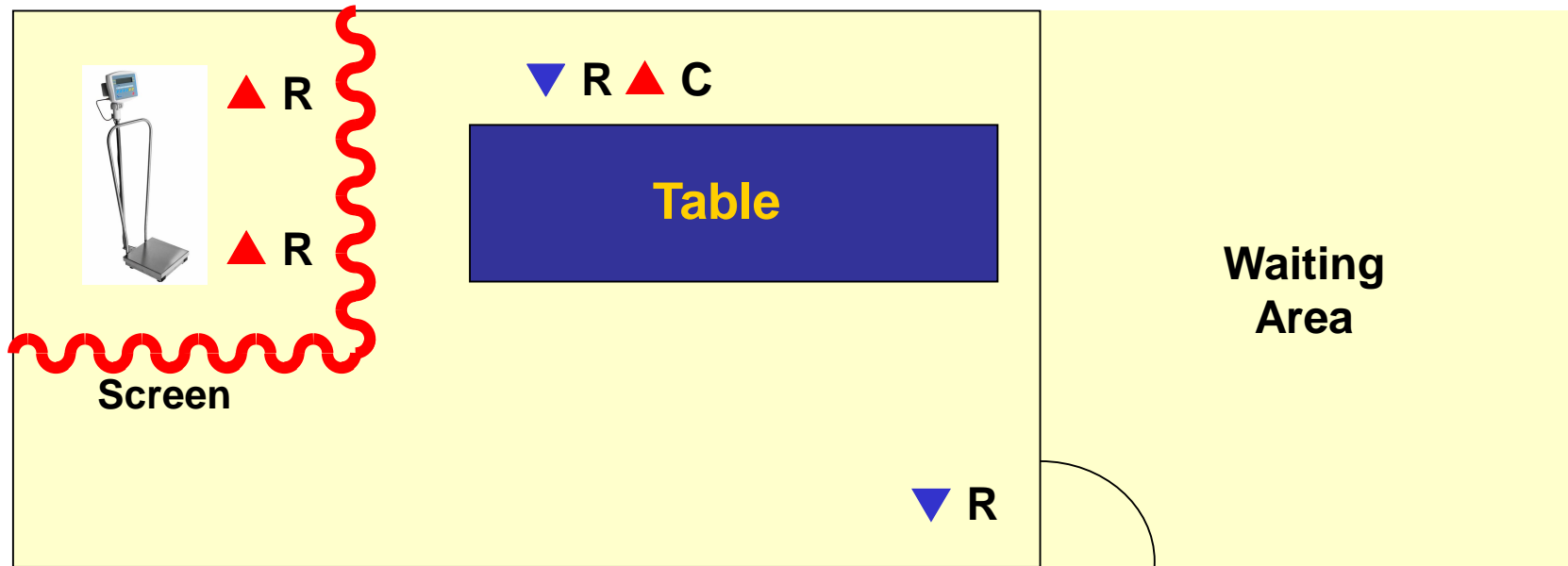
# Weigh-in Room layout



- Layout must enable **both male and female Referees** **work together**
- **Screen(s)** must be properly placed

**NOTE:** Proper hygienic conditions must be provided

Example, Women's Weigh-in



▼;Male ▲;Female R; Referee C; Competition Secretary

# Official scales:

(Regulation to 3.3.4)



- **MUST be electronic; with display and/or printout or both**
- **Capacity; weigh up to 200kg**
- **Precision; 50g maximum**
- **Minimum 3 scale; Official, Test, Training venue**
- **Certification by local authorities; within 3 months from start of the Event**
- **Olympic Games, YOG; Daily calibration**

# Items needed

(Regulation to 6.4 #1)

- **Official scale** situated in a privately screened area
- **Start List**; posted at the entrance
- **Weigh-in List**
- **Athlete's Cards**
- **Athlete Passes**
- **Challenge Cards**
- **Team Officials' Warm-up Passes**
- **Stationary kit / supplies**
- **Athlete Bibs** and **Safety pins**; 4 pins per bib
- **Tables and chairs**; must be of sufficient numbers
- **Container** to store athlete accreditations
- **Team Officials numbered stickers (optional)**



# Sample: Start List



2019 IWF Youth World Championships  
LAS VEGAS - USA 08.03.2019 - 15.03.2019

## START LIST Women 49kg A

Competition start: 10.03.2019 11:00

Weigh-in start: 09:00

	LOT	NAME	DOB	NATION	CATEGORY	ENTRY
1	13	ABDULLAEVA Nigora	13.05.2004	UZB	49	168
2	33	LAHUANAMPA CASTILLO Lourdes Mercedes	10.12.2002	PER	49	145
3	47	YAMASHITA Emika	16.01.2004	JPN	49	161
4	59	BATZ LOPEZ Nancy Eunice	15.12.2003	GUA	49	120
5	66	LIAO Jia Yi	21.03.2004	TPE	49	145
6	72	KARASAKAL Nida	08.10.2002	TUR	49	160
7	75	FIELDS Elle Reese	08.02.2003	USA	49	142
8	78	KEEGAN Mia	13.08.2003	GBR	49	119
9	110	CAMBEI Mihaela Valentina	18.11.2002	ROU	49	160
10	149	SARIKAYA Gamze Nur	01.05.2002	TUR	49	155
11	150	SANTIAGO SANTIAGO Adamaris	21.11.2002	PUR	49	121
12	152	MUTO Rieru	14.04.2002	JPN	49	161
13	174	HOMEWOOD Taliyah	30.10.2003	GBR	49	120
14	181	BRYANT Kaiya Lashay	11.02.2005	USA	49	147
15	183	VELEZ ARRIAGA Cassandra Michell	03.04.2003	MEX	49	150

**President of Jury** : CHINEN Reiko JPN  
**Member of Jury** : MAHGOUB Mahmoud EGY  
**Member of Jury** : MOTSA Dudu SWZ  
**Member of Jury** : ROBITAILLE Daniel CAN  
**Centre Referee** : MUSTAFAYEV Azad AZE  
**Referee** : 1. SIMONTON Les USA  
**Reserve Referee** : HAGMAN Elisabeth SWE  
**Chief Marshal** : SHAMPHETCHAROEN Kasama THA  
**Timekeeper** : GROW Terry USA  
**Technical Controller** : JONES Joanna USA  
**Secretary** : ESPANA Jorge BOL  
**Competition Doctor** : Dr. ATLIHAN Dogan TUR  
 DIMOFTE Costel ROU  
 RIMBOCK Karl GER  
 3. ALVARADO PERALES Nadia MEX  
 MALGOR Gustavo ARG  
 Dr. YONEYAMA Kihei JPN

RECORDS	LIFT	SENIOR	JUNIOR	YOUTH
WORLD	SNATCH	94 HOU Zhihui CHN	92 JIANG Huihua CHN	77 World Standard
	C&J	120 PRAMONGKHOL Chayuttra THA	114 JIANG Huihua CHN	96 World Standard
	TOTAL	210 HOU Zhihui CHN	206 JIANG Huihua CHN	172 World Standard

Start List should be **posted** at the **entrance of Weigh-in Room** so Athletes / Team Officials know the order of Weigh-in.

# Sample: Weigh-in List



**Check**

**Names and DOBs and**

**Correct**

**If any missing(s)/mistake(s) accordingly to the PASSPORT /Accreditation (AD: subject only for Multisport Games)**

**Check**

**20kg Rule**

**Fill**

**BW and 1<sup>st</sup> attempts**

**TOs sign**

**to verify information**

2013 IWF World Championships  
WROCLAW - POL 2013.10.16 - 2013.10.27

WEIGH-IN LIST Women 48kg A

Competition start: 20.10.2013 13:25

Lo	Name	Born	Nat	Cat	Total	BW	Snatch	C&J
1	VALENCIA HERNANDEZ Carolina	08.02.1985	MEX	48	184			
2	TAN Yanyan	18.11.1992	CHN	48	200			
3	MICHEL Anais	12.01.1988	FRA	48	171			
4	DIACHENKO Iana	16.01.1990	UKR	48	177			
5	MERCADO VILLARREAL Kathryn	20.05.1990	COL	48	175			
6	DO THI THU Thi Thu	06.09.1991	VIE	48	181			
7	MOMOTOVA Galina	20.11.1984	KAZ	48	173			
8	RYANG Chun Hwa	12.06.1991	PRK	48	188			
9	KARPINSKA Marzena	19.02.1988	POL	48	185			
10	SEGUBA SEGURA Ana Maria	26.06.1991	PER	48	179			

Center Referee: PALAWERDYAN Fashin ARM

Referees: HANCOCK Mary GBR      MACNELL Don CAN

Reserve Referee: NAZAROV Vahid AZE

Secretariat: GUCUYENER Suat TUR      RADICELLO Aldo ITA

# Sample: Athlete's Card



**Fill in Start Number**

**After all athletes have completed Weigh-in**

**Fill in bodyweight**

Start number:	PNG		
	TOUA Loa Dika		
	APIA - SAM 09.07.2019 - 15.07.2019		
LOT	CATEGORY	DATE OF BIRTH	
206	49 A	23.06.1984	
B.WEIGHT	ENTRY TOTAL	SIGNATURE:	
	170		

Start number:	PNG		
	TOUA Loa Dika		
	APIA - SAM 09.07.2019 - 15.07.2019		
LOT	CATEGORY	DATE OF BIRTH	
206	49 A	23.06.1984	
B.WEIGHT	ENTRY TOTAL	SIGNATURE:	
	170		

## SNATCH

1. Attempt	2. Attempt	3. Attempt
Declared Weight at the Weigh-in:	Automatic Weight: (Marshal only)	Automatic Weight: (Marshal only)
Signature:	Declared Weight:	Declared Weight:
	Signature:	Signature:
1st Change:	1st Change:	1st Change:
Signature:	Signature:	Signature:
2nd Change:	2nd Change:	2nd Change:
Signature:	Signature:	Signature:

## CLEAN and JERK

1. Attempt	2. Attempt	3. Attempt
Declared Weight at the Weigh-in:	Automatic Weight: (Marshal only)	Automatic Weight: (Marshal only)
Signature:	Declared Weight:	Declared Weight:
	Signature:	Signature:
1st Change:	1st Change:	1st Change:
Signature:	Signature:	Signature:
2nd Change:	2nd Change:	2nd Change:
Signature:	Signature:	Signature:

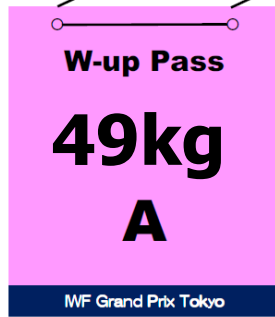
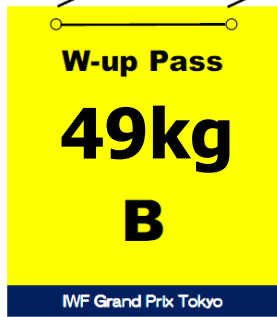
**Ask for signature confirming bodyweight**

**Ask for Snatch 1st attempt & signature**

**Ask for Clean & Jerk 1st attempt & signature**

# Sample: W-up Passes

- **Change colour** by session
- **Must have strap !!**

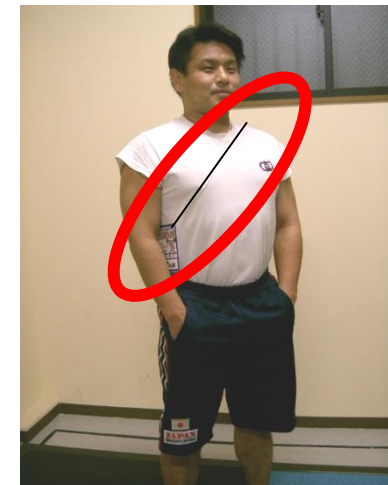


**Good length for  
Technical Controllers**

**If without strap...**



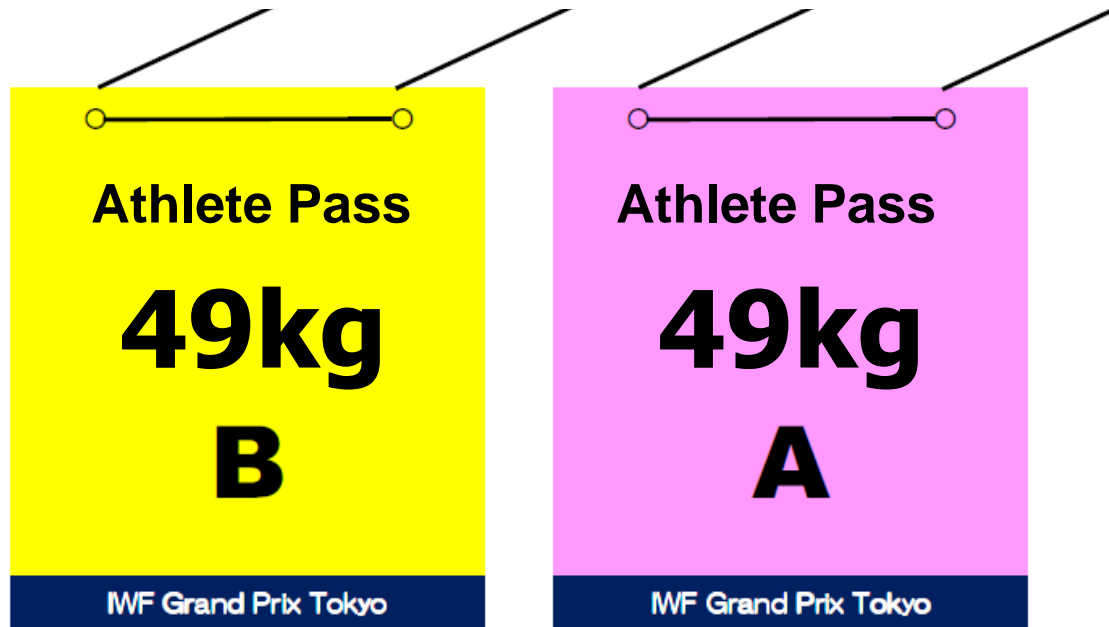
**If strap is too long...**





# Sample: Athlete Passes

- **Change colour** by session
- **Must have strap !!**



# Challenge Cards:



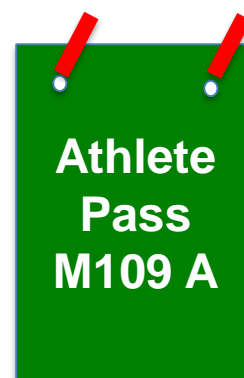
- Made by **hard paper, minimum 20cm x 9cm**
- Shall indicate **“Challenge Card”**
- Shall indicate either **Lot Number** or the **gender, bodyweight category and group** in large letters readable from a distance, color and text shall match the Athlete Passes of the group.
- Logos (IWF, host MF, NOC, sponsors etc.) are acceptable



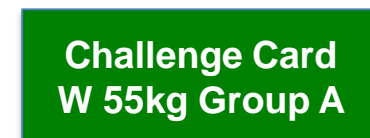
A4 paper



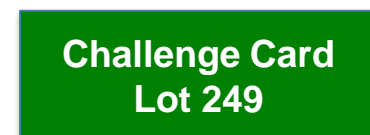
Almost 20x9 cm



Same color as Athlete Pass



or



# Sample: Athlete Bib



- Min **100cm<sup>2</sup>** - Max **150cm<sup>2</sup>**
- Background and text; **any colour**
- Numbers must be **clearly visible**

(See Regulation to 3.3.5 for more detailed rules for bibs)

# Weigh-in Secretariat consists of:

(Regulation to 6.4 #2)

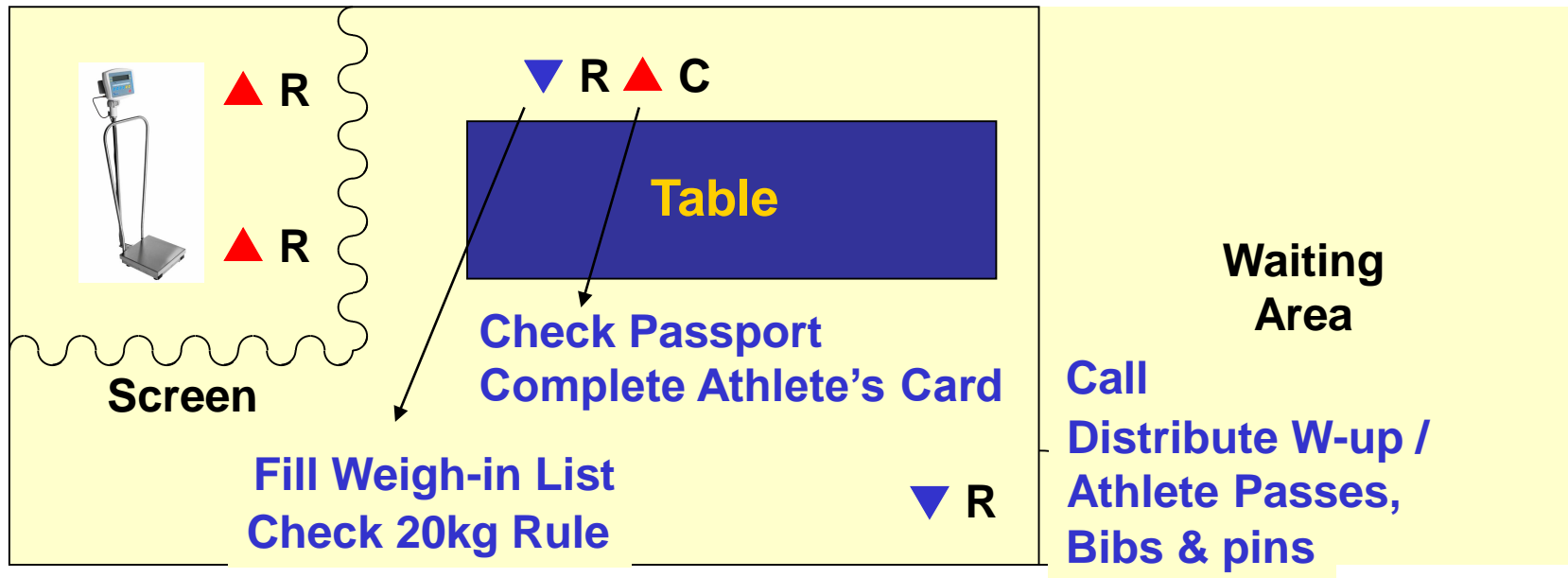
- **Competition Secretary(s)**
- **On duty Referees**
- **Including Reserve Referee**
- **Assistant Competition Secretary(s)  
(optional)**
- **Weigh-in Official(s) (optional)**
- **Assistant Weigh-in Official(s) (optional)**



# Never be absent !!

- Male Referees have to work at Women's Weigh-in
- Female Referees have to work at Men's Weigh-in
- **Competition Secretary** decides **job assignments** before the Weigh-in starts.

Example, Women's Weigh-in



▼; Male ▲; Female R; Referee C; Competition Secretary

# Weigh-in procedure



- **Call Athletes** one at a time in accordance with the Start List (**only 1 Team Official** is allowed)
  - **Check** Athletes' **FACE** by comparing with Passport / Accreditation (let him/her proceed to the scale once verified)
  - **Check** Athletes' **FULL NAME** and **DATE OF BIRTH** by Passport / Accreditation
  - **Weigh the Athlete**
  - (**Write** bodyweight on the **Athlete's Card**)
  - **Ask** his/her Team Official to write **1<sup>st</sup> attempts**
  - **Check 20kg Rule**
  - **Ask** Team Officials to **sign** for (bodyweight and) **1<sup>st</sup> attempts**
  - **Write** down **bodyweight** and **1<sup>st</sup> attempts** onto the **Weigh-in list**
  - **Give** Warm-up Passes, Athlete Pass, Athlete Bib and safety pins
- Don't forget!**

# At the end...



- Attending TO(s) to **fill Start Numbers** in **Weigh-in List** and **Athlete's Cards**
- All attending TOs to **compare data** (Start Number, BW, 1<sup>st</sup> attempts) written on the **Weigh-in List**, **Athlete's Cards**, and **printed/handwritten pieces of paper for bodyweight**
- All attending TOs to **sign** on the **Weigh-in List**
- If there is any **undistributed bib**, attending TO(s) **memo Athlete's Country/NOC and Name on the back of each bib** and **arrange the distribution** (attending TOs may distribute or let Technical Controllers do)
- Competition Secretary to **bring Weigh-in List** and **Athlete's Cards** to PC Operator

# Important Remarks



**At multiple/combined competitions  
(different BW Categories and Age Groups);  
Athletes must first be sorted!**

- **By BW Category**
- **Within the Category by Lot Number**

**The order of the bib numbers follows this sequence.**

**The sequence of BW Categories is:**

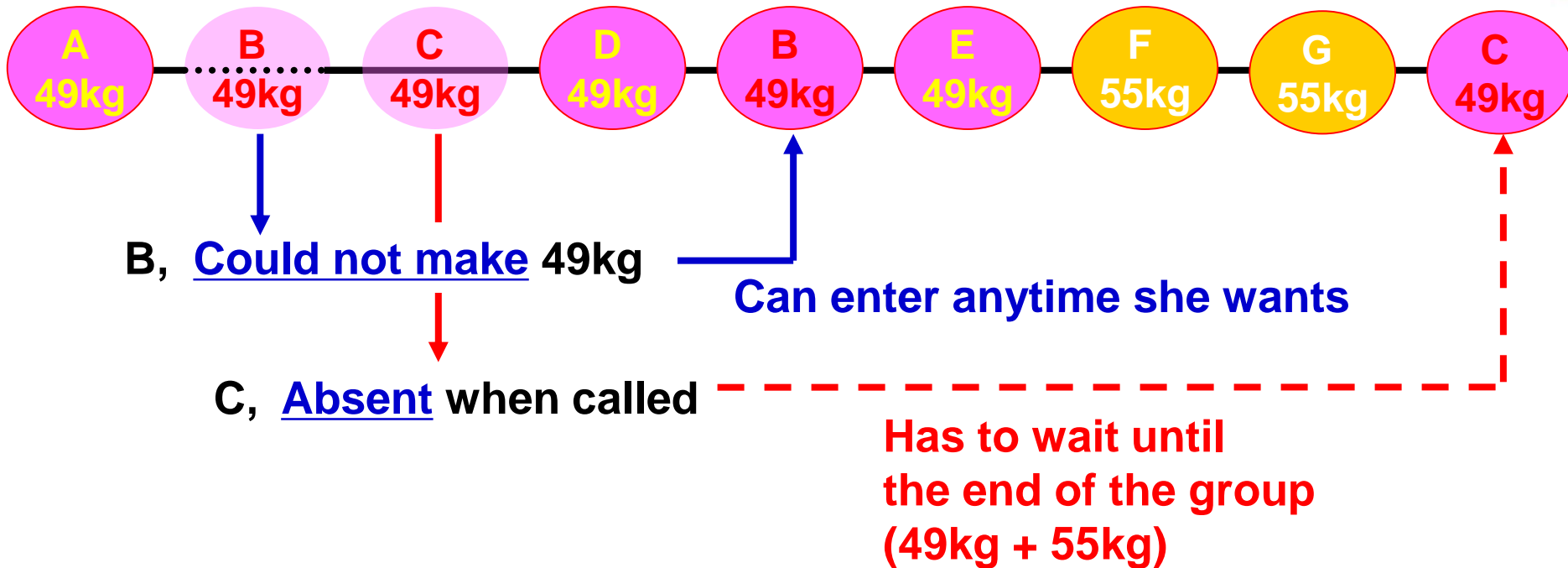
- **(M) 49, 55, 61, 67, 73, 81, 89, 96, 102, +102, 109, +109kg**
- **(W) 40, 45, 49, 55, 59, 64, 71, 76, 81, +81, 87, +87kg**



# Be careful for the order of Weigh-in



Example ; Combined category, 49kg and 55kg



Order is **different** between “**Could not make**” and “**Being absent**”.

# Important remarks: Weigh-in List correction



- **Name and DOB; Compare carefully** between the original documents and Passport / Accreditation (Accreditation: subject only for Multisport Games)
- **Correct** if any mistake(s)/missing(s)
- **Full name** is needed
- **Family name(s) - all capital, Given & middle name(s) - capital for the first letter**
- **Family name(s) followed by** given name(s) (ex. SANCHEZ RIVERO Junior Antonio)
- **DOB; important to distinguish individuals and verify the age group, written in DD/MM/YYYY**

# During Weigh-in

(Regulation to 6.4 #10, #12)



**Completely undressed or in undergarments**

**NOTE:** No costume, unitard, shorts, T-shirt

**NOTE:** Must not wear socks

**Athletes are entitled to;**

- **Wear jewelry, hair adornments and religious head gear**
- **But must **not** wear watches**



# Weigh-in for athletes with Prosthetic Limb(s)



- Athletes must be weighed with the prosthetic limb(s). (10.3)

**Bodyweight = Body + Prosthetic limb(s)**

- **NOTE:** Prosthetic limb(s) must not be powered or able to store energy which can be released during the execution of the lift.



**Not powered !!  
No energy storage !!**

# Important remarks: Warm-up Pass distribution



- **One athlete** – 3 passes
- **Two athletes** – 4 passes
- **Any additional athlete** – 2 passes per athlete  
(for combined categories / Events)

1 <sup>st</sup> athlete	→	<b>3</b>
2 <sup>nd</sup> athlete	→	<b>1</b>
3 <sup>rd</sup> athlete	→	<b>2</b>
4 <sup>th</sup> athlete	→	<b>2</b>
⋮		

**NOTE:** These are the passes for Team Officials (Coach, Manager, Doctor, Masseur, Interpreter etc.).  
Athlete Passes can be issued, if required.



# Important remarks: bib distribution



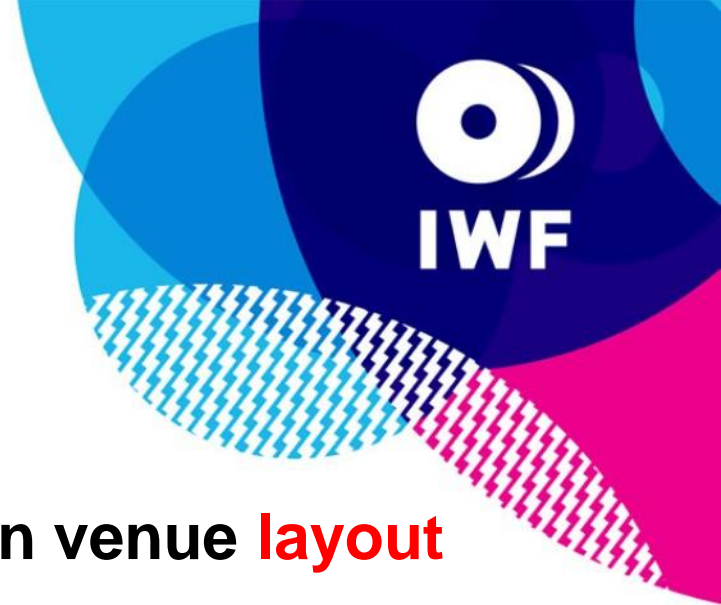
Ex. Women 49kg,

Weigh-in started, 14:00, now 14:35

Lot	Name	BW		
3	A	48.50	↕	→ Can give the bibs
21	B	48.20		
55	C	49.00		
79	D	<u>49.15</u>		
93	E	48.65	→	Have to wait until D has weighed-in
102	F	<u>Hasn't appeared</u>		
133	G	48.95	→	Have to wait until D and F have weighed-in or the Weigh-in finishes.

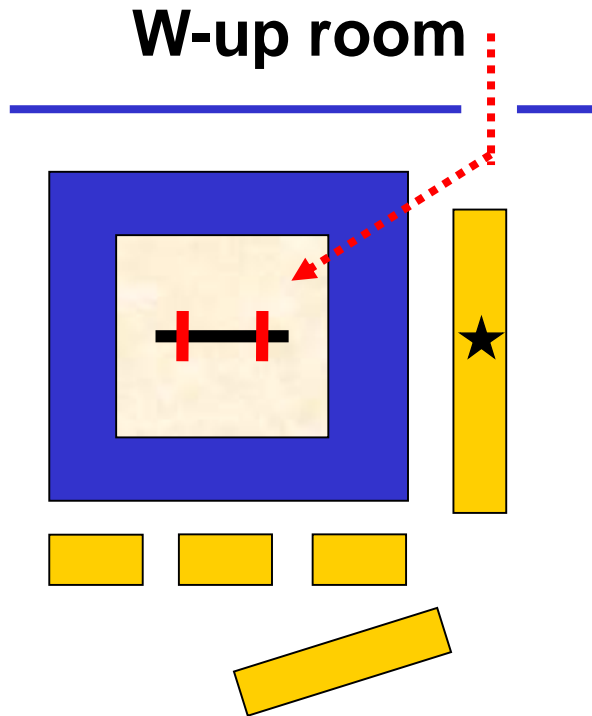
- The rest of bibs should be distributed 30 minutes prior to start of Introduction of Athletes in the Warm-up Room

# Important remarks: Advise right or left side for bib



The side **depends on** the competition venue **layout**

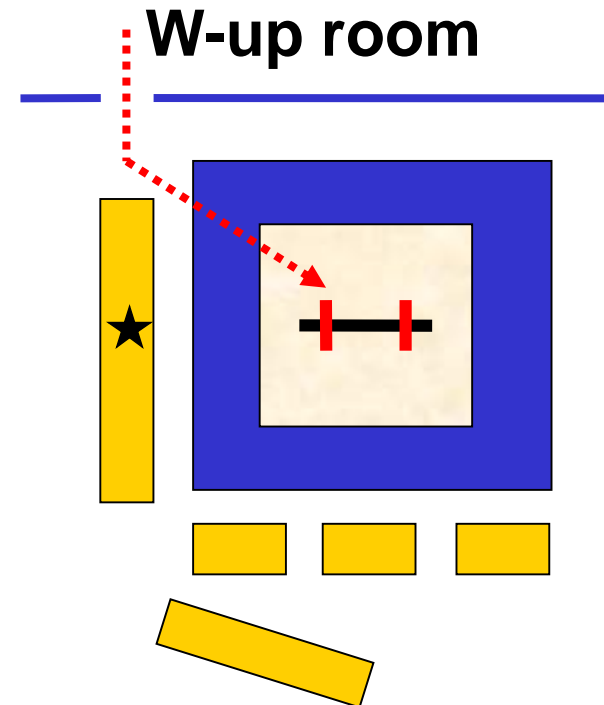
W-up room



Bibs: on the **left** side

Competition  
Management  
Table

W-up room



Bibs: on the **right** side